



Some diseases can be serious enough to put you in the hospital, or worse.
Before you enter High School, protect yourself with vaccines.

Recommended Vaccines

What this means for YOU

Meningococcal Conjugate	This vaccine protects you against a serious bacterial infection that could cause you to lose an arm or leg or even become paralyzed. Meningococcal disease is easily spread by coughing, sneezing, or sharing drinks and kissing.
Human Papillomavirus (HPV)	The HPV 3-shot series can protect teen girls against cervical cancer later on in life.
Tetanus, Diphtheria, & Pertussis (Whooping Cough) (Tdap)	Tdap is a new tetanus booster that also protects you against whooping cough, a disease that can make you cough so hard that you break your ribs.
Varicella (Chickenpox)	Chickenpox is usually worse for teens than kids. If you have only had one chickenpox shot, you need a second shot, unless you've had chickenpox disease.

You have probably received your Hepatitis B and MMR (measles, mumps, and rubella) shots.
 But if you haven't, make sure you also get them at your adolescent doctor visit.

Being a teenager is more than social events, sports or hanging out with friends;
it's also about taking charge of your health.

Talk to your parents about getting these vaccines at your next physical!

Want to know more? Visit **www.bam.gov**.

DON'T WAIT – VACCINATE BEFORE YOU GRADUATE!



*A message from your school nurse and the
 California School Nurses Organization*

Vaccinate Before You Graduate, a CSNO campaign in partnership
 with the California Department of Health Services and
 Your Local Health Department
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